

PAPER BAG COOKING

WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

MERITS OF PAPER BAG COOKING REVIEWED.

By Martha McCulloch Williams.

In this final paper on my experiences with M. Soyer's paper bag cooking, it may be well to sum up briefly its claims and its performances.

In the claims, item one, economy, more than vital in the present state of finance high and low.

Item two, nutrition; things cooked in paper bags certainly set better upon the stomach and return more strength of mind and body than the same things cooked outside it.

Item three, prevention—the prevention of ptomaine and other obscure poisons, bred betwixt food and air. Not the wildest microbe of them all can survive baking in the oven—and after the baking the bag is thrown away.

Item four, increase and bettering of flavors, which means increase and bettering of food itself.

Item five, the making tender of tough, hence indigestible fiber, as in round steak, old fowls and such like things.

Item six, prevention of smells—an advantage so apparent as to require no more than bare mention.

Item seven, the crowning mercy, the abolition of scrubbing out pots and pans.

A fine array truly. But not the whole tale of benefits. The whole might be tedious. Any way, in the little remnant of allotted space, other things press to be spoken.

Words of caution, for example. In cooking in paper bags mind, not your p's and q's, but the simple directions for use. Namely, to grease the bags well, not to overfill them, to fold over the open end three times and fasten the fold with wire clips, to lay the filled bag always seam side up, and if by chance it breaks, to put it instantly inside another bigger bag, to finish the cooking.

Buy clips in several sizes. They are cheap and almost everlasting. Use them freely in fastening up the bags—they can be pulled off before the bag is thrown away and used over and over.

Coal and wood ranges are not so well adapted to paper bag cooking as gas ranges. Still, bag cooking can be done with any kind of heat—the knack lies in the regulation of it. The theory of paper bag cooking is this: A cold bag put into a hot stove gets warm very quickly throughout, and the paper of it crisps wherever it touches nothing but air. This quick heat is essential—it vaporizes the liquids or the juices inside the bag, and makes a medium for softening and flavoring the food fiber. But if the heat is too long continued, it destroys the tensile strength of the bag, makes it break of itself, and spits its contents. Hence, the importance of lowering the heat, and quickly, before this destruction is accomplished.

There are several ways of doing this. They may be used in combination or separately. First, push in the dampers, then open the oven door, and set inside upon the oven floor a shallow pan of cold water. Leave the oven door ajar for two or three minutes, with a strip of white paper on the shelf beside the bag. If the paper turns pale yellow the heat is sufficiently reduced. If it turns brown very quickly, set the door wide, take out the water pan and refill after emptying, with fresh cold water, then set again upon the oven floor. Keep the door ajar until the test paper

merely yellows. By that time the dampers should have done their work sufficiently. Close the oven door, leaving inside another strip of clean white paper. In three minutes look at it—if it is browning too fast, set the door ajar again, but if merely yellowing let the door stay closed.

This regulation of heat is a vital part of the problem, but much less intricate than it sounds. A gas range too hot needs to have half the flame turned off, and what remains reduced as low as is safe.

In baking pastry and cake it is essential to make very tiny holes in the upper side of the bag before the, go in the oven. The holes should be in the highest part of the bag, but not very close together.

TASTY FISH DISHES.

Now that paper bag cooking has robbed fish of their harmful odor, the tang that hung to the house through days and days, Friday has lost a terror and gained a charm.

A baked fish of any sort is the better for stuffing. Buy your fish with regard to the size of paper bags. If you need a very big fellow, make up your mind that it must be cut in fillets. Two medium fish, stuffed and baked, are much better than the same weight in one. Have the head and tail cut off and the scales very well removed. Quickly, wipe dry with a damp cloth and keep very cold until ready to cook, but do not salt—it draws out the juices.

Fish stuffing needs to be rich and tasteful. Make it of breadcrumbs well seasoned with butter or chopped suet; of mashed potato, seasoned with onions and tomato catsup, or of creamed beaten up with an egg and milk, and fried brown in hot lard. Wipe the fish afresh inside, salt lightly, dust with black pepper and lay in a little lump of butter or suet. Stuff and tie the fillets, then season outside, grease well all over and pop into a well greased bag. Cook twenty to thirty-five minutes in a hot oven, reduced after a while. Sliced tomatoes and onions or tomato catsup in the bag with the fish increase the flavor admirably.

If you like fillets well browned, season them after wiping clean, dip in sweet milk quickly, roll lightly in flour and put into a thickly greased bag with a lump of butter proportioned to the number. A pound of fillets requires a large spoonful of butter. Cook in a hot oven ten to twenty minutes, shifting from the high shelf to the low, or vice versa, after ten minutes.

Stew fish with vegetables after this fashion: Cut up in neat pieces any good white fish that is firm and fresh. Free the pieces from skin and bone, wipe well, season lightly, dip in melted butter and lay together while yod pare and cut in thin slices onions, turnips, carrots, potatoes, as many as you like. Lay a thick mass of the sliced vegetables in the bottom of a well greased bag, sprinkle lightly with salt and pepper, then imbed in the mass as many fish strips as it will hold without danger of crowding the bag. Put on more vegetables, stick in more fish. When all are used, put in a scant cupful of slightly salted water and a lump of butter rolled in flour. Seal bag, lay it on trivet, taking care that the corners are very fast. Set upon the gridiron in a hot oven for five minutes, then reduce heat at least a third and cook for half an hour to forty minutes according to the weight of the bag.

Rich fish, as salmon, are delicious cooked in wine.

Any good, firm-grained fish of delicate flavor can be creamed in a paper bag. Cut it in thick slices, wipe clean, season, roll in flour, and lay in a thickly buttered bag. Add a lump of butter the size of a walnut for each half-pound of fish, and half a pint of thick cream. Seal bag tight, set on trivet, cook forty minutes in moderate oven, the heat of which is reduced as above directed. Haddock, sole, flounder, or white fish can be made very excellent in this fashion. Serve with hot brown bread, very sour pickle, and baked apples dressed with sugar and rum, or a very sour salad.

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More Fish

By Nicholas Soyer, Chef of Brooks' Club, London.

Sole Bourguignone: Thoroughly butter a bag, place inside a well trimmed sole or flounder, add three small peeled onion, a bouquet garni and a glass of claret. Mix a large teaspoonful of flour with an ounce of butter, place this mixture on the sole, seal up the bag and cook for twenty minutes in a hot oven.

Sole or Flounder or Cod, a la Comtesse: Grease a bag thickly. Take six or eight fillets of sole, dust them lightly with salt and white pepper and squeeze a little lemon juice over each fillet. Put them in a bag and add to them an ounce of finely minced mushrooms, half a heaped large teaspoonful of finely minced shallot or chives, a heaped large teaspoonful of minced parsley and a heaped dessertspoonful of freshly fried breadcrumbs, all mixed together. Add also half a

wineglassful of sherry mixed with the same amount of either good fish stock or ordinary stock. Close the bag and cook in a moderately hot oven for eighteen to twenty minutes.

To make the fish stock, put the bones and trimmings from the fish in a clean small stewpan with a gill of water and a bit of turnip, carrot, onion and celery, all first well washed and sliced, and simmer fifteen minutes. Strain off and use.

Whitebait: Clean and dry one pound whitebait and roll in flour. Melt one ounce of butter, season with a little cayenne pepper, a finely chopped shallot, and a tablespoonful of vinegar. Sprinkle fish with this mixture, seal in a well buttered bag and cook for five minutes in a very hot oven.

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Feeding the Baby Animals

There Are More Pleasant Tarks on Earth, According to One Who Has Done It.

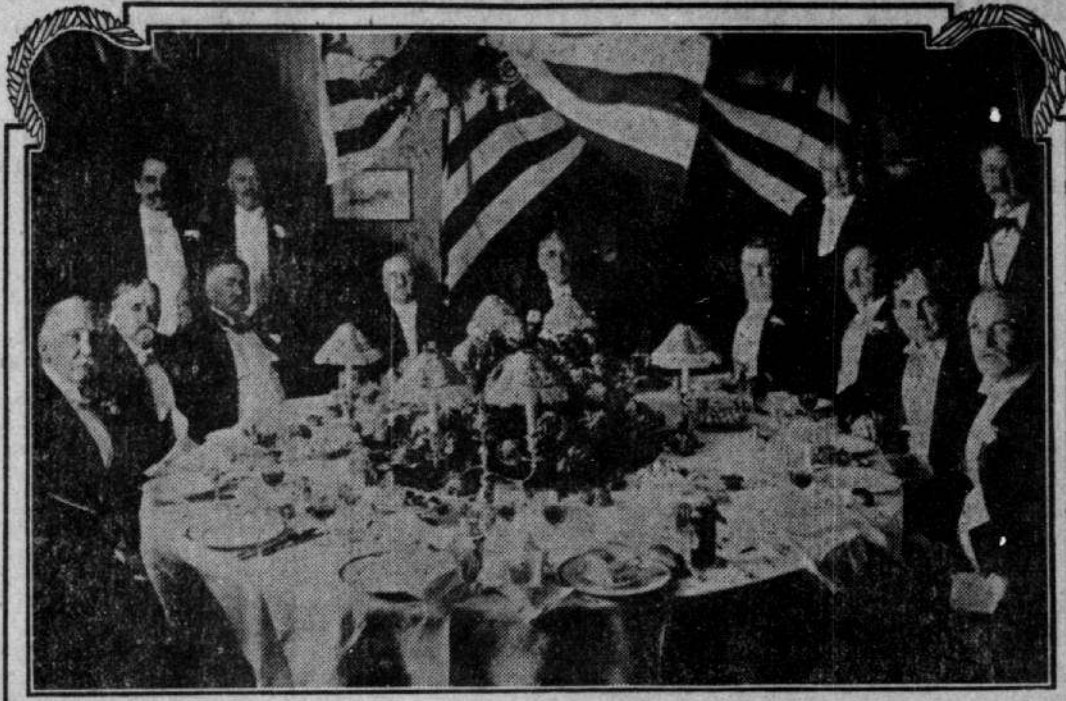
Birds and animals do strange things in their babyhood. The first thing the baby ostrich does on its arrival in this world is to turn round and eat its own eggshell, this being by way of preparation for the days, when, a full-grown gourmet it shall take barbed wire as no more delectable, with horse-wares as the pot de jour. But the curious scenes played out in the animal world, and digressions generally are much more delicate than those of humans.

Dr. Chalmers Mitchell, lecturing to the Royal Institution in London the other day, told of an experience he had with a bear to which it was desired to administer a dose of castor oil. With an assistant he tried to force it down Bruin's throat. Bruin resisted. Minutes passed, and their clothes were in ribbons, and at the end of half an

hour something like a very small teaspoonful had been forced down the patient's throat. Then the exhausted men had a happy idea. They put a lot of castor oil in a saucer, and stepped out of the ring. Bruin walked to the saucer, swallowed the whole dose, and looked up pathetically for more. This Mr. Mitchell told to illustrate the undesirability of attempting to force food upon an animal.

With the alligator, however, the case is somewhat different. If he refuses food, drop him into a warm bath, taking care that it is something under boiling point. This should make him lively, but if he still refuses to eat, stuff him forcibly. You tickle the side of his mouth until he opens his jaws, and then ram the food down with the handle of a toothbrush. And if he weeps, do not say hastily and disparagingly that these are mere crocodile tears. They may be the expression of his deepest gratitude.

MR. RUCKER'S MEMORIAL DAY DINNER



OUR illustration is a flashlight photograph of the Memorial day dinner given by Congressman A. W. Rucker of Colorado to 12 men in Washington official life, who, like himself, are survivors of the Confederate army. The only flag that appeared in the decorations of the host's apartment was Old Glory.

SEEK ASTOR WEALTH

Heir to \$100,000,000 Receives Letters From Many Persons.

Women Propose Marriage and Men Ask Him to Become Partners in Business—Others Make Odd Requests.

New York.—Vincent Astor's latest trouble is a deluge of letters from persons anxious to advise him as to the best manner of spending his \$100,000,000 inheritance. Many of the letters are from women, telling of their great love and conveying offers of marriage.

Old women and young women, brazen and demure, thin and fat ones, pretty and ugly, have taken their pens in hand, not without hope of gain. Some have pretended to bespeak Mr. Astor's interest in behalf of causes other than purely personal ones, but most of them have been frankly smitten in the desire to call the young man's attention to certain persons that he otherwise might overlook.

Some of the writers have waited in front of the Astor estate offices in Twenty-sixth street for a glimpse of the boy. Most have mistaken the handsome "Nick" Biddle for the object of their curiosity, much to Biddle's embarrassment. He is an executor of the Astor estate, is about thirty-four and looks younger.

And it isn't only through the medium of letters that women have pressed their suits. The telephone has been kept pretty busy, both at the offices and at the Fifth avenue house.

TO FORM FLAG ASSOCIATION

Patriots Will Erect Monument and All Will Be Asked to Fight Anarchistic Principles.

Spokane, Wash.—The Grand Army of the Republic, the Spanish War Veterans, American Flag association, Daughters of the American Revolution and other local members of patriotic organizations will organize a flag association in Spokane in which every national society will be a member. They also will fight anarchistic organizations and teach all people and societies to respect the flag. A proposition to erect a big monument on the high bluff in Summer avenue between Washington and Bernard streets, to be called "Flag Day" monument, is being considered.

Downtown buildings will be decorated and every national society in the city will be asked to take part of a parade and program.

WEAPONS ARE FROM 1000 B. C.

Austrian Explorers of Imperial Museum Make Rich Haul in Karst Mountains.

Vienna.—An exploration by members of the Imperial museum into the cavern of St. Kandelion in the Karst mountains has yielded more than 1,000 bronze implements such as swords, axes, lance heads and vessels supposed to date from 1000 B. C. They were all found at the bottom of a pit 150 feet deep within the cavern. It is suggested they were thrown in there as a sacrifice to a subterranean deity.

Fulfills His Death Dream

Visions of Hearse Waiting for Casket Finally Induces Man to Kill Self.

Phoenixville, Pa.—Tortured for weeks by a constantly recurring dream, in which was pictured a funeral cortege with a hearse opened to receive a casket which has been carried from the house in which he boarded, Peter Lusecki died shortly after he had cut his throat with a razor.

Witnesses, called at the inquest held by Deputy Coroner C. H. Howell, told the story of the strange apparition which had so long oppressed Lusecki and which drove him finally from loss of sleep into insanity. His fellow-boarders told of accounts of his strange dream which the suicide gave them at breakfast each morning, and in which he declared that it forecast his own death and pictured to him his funeral.

Within the past few days Lusecki was apparently suffering from a great

with girlish voices whose owners were anxious to have opportunities to meet the heir of millions. The reasons assigned were as many as the letters contained.

Some of the writers want the young man to "do something worthy of his name." There have been suggestions that he finance the suffragette cause. Others want him to use his fortune to buy up breweries and distilleries and put them out of business for the sake of promoting the cause of prohibition. Comparatively few of the letters written by women are from inventors. This class of communications almost always bore a man's signature.

Things suggested for a worthy use of the money ranged from patent bung-starters to methods of bridging Behring strait. Included in the appeals are those of professional beggars. Churches, schools and libraries divide honors as to the numbers of their letters with propositions from business houses that offer him interests for ever so small a sum.

Most of these letters, of course, need no answer. Those from women on subjects of the heart are entirely ignored. Many of the latter come accompanied by photographs. Two of the fair correspondents sent as their own postcard, pictures of Lillian Russell, from which they had forgotten to scratch the name.

Kills Girls Playing Indian.

Watersburg.—Playing Indian, Harry Black, aged seven years, found his father's shotgun, and chased Mary Goodish, aged five, into a corner. Putting the muzzle to her head, he pulled the trigger, instantly killing her.

Man Near Death Relents

Murderer Forgives His Daughter, Who "Caused It All."

Dramatic Meeting in Prison Before an Artist's Death—Pictures of Himself on the Gallows Painted by Jan Ribarich.

Washington, Pa.—Jan Ribarich, an Austrian, artist and thrice a murderer, who will be hanged here, was converted in his cell by his daughter whom he had vowed he would kill because she was the "cause of it all." A visit from his daughter, a prayer and the singing of "Nearer, My God, to Thee," caused a dramatic incident.

Ribarich, who had fitted his cell into a studio, for weeks past occupied his time in painting pictures and presenting them to his friends and jail officials. He always spoke jokingly of the gallows and had persuaded the sheriff to allow him to look at the gallows from a window several hours before the hanging was to take place.

Ribarich had painted many of his friends and had drawn a sketch of himself dangling at the end of a rope with his body half concealed through the falling of the trap.

Ribarich shot and killed Michael Novak, his wife and stepson, Stanjovi, whom he blamed for harboring his daughter. After his conviction, the father said his only desire was to kill his daughter before he died, as she had disobeyed him.

The girl visited her father, accompa-

DIES TO SPITE LANDLORD

Woman at Paris, France, Ends Life in Owner's Flat to Vex Him.

Paris.—House owners in Paris are no better and no worse than those of any country, and disappointed tourists, of course, keep them on their black list. Literary celebrities like M. Gandillot may leave lions and tigers in their fates to annoy proprietors, but what is a poor charwoman to do whose room is not large enough for a menagerie, and who, besides, is not famous?

"I will do something that will draw attention to me," said one of these poor wretches, and she penned the following missive to her landlord: "I will commit suicide to spite you, because you let my flat to another. People will not care to come to a flat with a corpse in it."

She proceeded to carry out her threat, and committed suicide by inhaling the fumes of a coke fire which she lighted in her room. The proprietor found her dead.

BEEF TOO HIGH FOR TWO CATS

Uncle Sam Refuses to Maintain Rat Catchers at the Subtreasury Owing to Expense.

Washington.—The propriety of feeding two cats at the public crib is denied by A. Platt Andrew, assistant secretary of the treasury.

The urgent appeal for the cats came from the subtreasury in New York, which is infested with rats and mice. Kind-hearted clerks have been contributing to the support of the two cats installed, while awaiting official approval of the use of the contingent fund.

nied by guards. When he saw her he broke down. A Methodist minister prayed, "Nearer, My God, to Thee," was sung by visitors and jail guards and the condemned man embraced his daughter.

Before leaving the jail the daughter, eighteen years old, promised her father to bring her fiancé to the jail. It will be the first meeting between Ribarich and the young man who will take his daughter as a bride soon after the hanging.

DIES BY OWN BURGLAR TRAP

Memphis Grocer Fatally Wounded by Shotgun Set Near Window for an Intruder.

Memphis, Tenn.—A burglar trap set by Ray S. Brooks caused the death of Brooks in his grocery store in the outskirts of town. His body was found on the door when his wife went to the store to find out why he had not gone to supper. A shotgun arranged to discharge in the direction of a window, should an effort be made to raise the window, was empty, his load having entered Brooks' body. It is supposed that he stepped on the string "trigger" in passing between the gun and the window.

Dirigible Breaks Record.

Paris.—The French dirigible balloon, Clement-Bayard III, beat the world's dirigible balloon record for altitude. Carrying six passengers the craft ascended to a height of 9,514 feet.

into the crater of Kilanea, which is the largest active volcano in the world, and for several hours remained suspended over the bed of boiling lava, making a study of the gases discharged and gathering specimens of molten stone for analysis. It is the first time in history that scientists have gone into the lake of fire, as the pit is called, although a party climbed to the top of the outer pit in 1909.

Mount Kilanea is 8,000 feet above the sea and the oval crater of the volcano is nine miles in circumference. The last time it was dangerously active was in August, 1910. The experiments are expected to result in important findings in support of certain theories of volcanic activity.

Blind Law Students Win Honors.

New York.—Without having read a word of law in the two-year course they have just completed, Louis Herman Gold and Isadore Cohn have carried off high honors at the Brooklyn law school of St. Lawrence university. They are both blind, but each received honorable mention and the degree of LL. B.

ROBS OWN HOUSE TO SAVE FAMILY

Chicago Woman Fulfills Compact Made With an Armed Burglar in the Night.

THREATENS TO KILL

Wife Gives Up Own Valuables, Babies' Banks, and the Contents of Her Husband's Trousers—She Recalls Neighbor's Tragedy.

Chicago.—At two o'clock the other morning Mrs. John C. Kuhns, whose husband is assistant purchasing agent of a big railroad company, entered into and carried out the terms of an honorable agreement with a burglar. The agreement was made in Mrs. Kuhns' boudoir at her residence, 7120 Luella avenue, by the glare of the burglar's flashlight. In a chamber adjoining slept the woman's husband and her two children in blissful ignorance of what was happening.

The agreement was something like this: Mrs. Kuhns was not to grow hysterical, cry out, or awaken her husband. In return the burglar was not to murder Mrs. Kuhns or molest her husband.

And in the fulfillment of her part of the compact Mrs. Kuhns proceeded to turn over her own valuables, slip into the chamber beside her sleeping husband, remove his trousers, rifle them of ten dollars, break open the banks of her two babies, push the contents into the hands of the robber, and then escort that person to the front door and bid him good night.

"Why did I do it?" Mrs. Kuhns repeated. "Please remember the case of Clarence D. Hiller a year and a half ago. He was our neighbor. One night a negro burglar entered the room of his two daughters in their house out here. Mr. Hiller, awakened by his wife and the cries of the children, ran up and seized the robber. Mr. Hiller was killed. The burglar, Thomas Jennings, was hanged on finger print evidence for his murder.

"That all came to me when I saw the white circle of the burglar's electric lantern creep slowly across my dressing table. I sat up in bed. The



Tried to Fight Her Way Through the Flames.

reached the house he left the can near a burning gasoline stove and went out to play.

Two other children, a boy of five and a baby girl, eighteen months, were in the house. The gas from the can was exploded by stove heat and the house took fire. Mrs. Kretschmer was hanging clothes on a line in the yard. She rushed back to the house and tried to fight her way through the flames. She was overcome by the fumes and sank down in the midst of the fire.

William Kersting, a neighbor, saw the house burning and went to the rescue. He forced his way to a hallway, where, although badly burned, he found and carried to safety the two unconscious children.

It was learned later from the boy that when he saw his sister's life was threatened by the fire he carried her to the hallway, where both were overcome by the smoke. He was seriously burned.

The coroner's jury, after returning a verdict of accidental death, added: "Mrs. Kretschmer gave her life for her children."

BRAVES MAD DOG FOR SON

Child Is Badly Hurt Before Its Mother Can Drag the Vicious Bête Away.

Stamford, Conn.—Perry Mullin, three years old, son of James Mullin, an employee of Mrs. F. A. Hamilton of Riverside, is in the Stamford hospital in a serious condition from wounds

MOTHER SACRIFICES LIFE FOR CHILDREN

Burns in Effort to Reach Little Boy and Baby Who Afterwards Are Saved.

Kenosha, Wis.—A story of heroism reached here the other day from New Munster, a village in the western part of Kenosha county. A mother was burned to death trying to save the lives of her two children.

The little ones' escape was due primarily to the bravery of one of them—a small boy.

Mrs. Johanna Kretschmer, twenty-six years of age, sent one of her older children to the village to buy a can of gasoline. The boy lost the can on the way home. When it



Tried to Fight Her Way Through the Flames.

reached the house he left the can near a burning gasoline stove and went out to play.

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Attacked the Child.

inflicted by the teeth of a dog which is believed to have been mad. The dog's spine and head have been sent away for examination by experts.

The dog, a large bull, attacked the child on the premises of Mrs. Hamilton. Another baby, Agnes Mackey, a cousin of Master Mullin, was playing with him when the dog appeared. The girl screamed, and Mrs. Mullin ran out of her house, grabbed the dog by the collar and yanked it off and tossed it into the patch of weeds.

She picked up the boy and ran for the house, little Mackey ahead of her. Mrs. Mullin staggered through the door and fell flat on her face. The dog followed and was snarling outside the door when an employe on the place appeared with a gun and shot the animal.

Former Criminals Paroled.

New York.—One hundred and ten burglars, pickpockets and other former criminals attended the semi-annual "reception" at the home of Judge Crain of the court of general sessions who paroled them.

Not Looking Where They Walked.

Chicago.—A score of persons and walked over the \$1,800 diamond ring which Mrs. M. D. Kennedy of Glen Ellyn, Ill., had lost in the lobby of the Auditorium hotel before a messenger found and returned it.